**A**

**Synopsis of thesis entitled**

# "A STUDY OF DOPING AWARENESS IN ELITE AND NATIONAL LEVEL PLAYERS OF DIFFERENT SPORTS DISCIPLINE"

**To be submitted to**

**SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED**

**By**

**IFAQ BASHIR LONE**

**Research Student**
**S. R. T. M. University Nanded.**

**Under the guidance of**

**Dr. JADHAV BALAJI PARBATRAO**

**Research Guide in Physical Education, of school of Educational Sciences S.R.T.M. University Nanded**

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# CHAPTER-1
# INTRODUCTION

DOPING is manipulation by means of chemical substance or other medical methods to enhance the individual's sport performance. Source:LaKelnedel sboken 99/00, ApoTeksbolaget. Doping in sports, doping is defmed as the use of certain chemical substances or of methods that have been banned by the international Olympic committee. Source Bra BOCKERS LEXIKON 1992. To dope to administer to a race horse or an athletic stimulating substances aiming at enhancing performance. Source:svenska akademiencs ordlisia 1997 the above mentioned defmitions refer to use within sport. In the anti Doping hot cine's Experience, 1110st abuse.rs of these drugs do not take them to improve their sports performance most of them are not even athletics. The aim seems to be to attain a more muscular body . We call this "Social doping".

Misuse of drugs by athletes to enhance performance has gained much attention in the past years. Stimulant, anabolic androgenic steroids, erythropoietin (CEPO) and other performance enhancing (ergogenic) substances are used by athletes to increase their competitive edge. Drug education and testing program to eliminate the use of performance enhancing drugs in sport have been initiated by amateur and professional sports authorities. The world Anti doping agency (WADA) and the US counterparts, USADA coordinate and promote the fight against doping. On an international level. WADA interfaces with the international Olympic committee (laC). The international sports federation (IF) the national Olympic committee and the athletes. In the United States, mandatory drug testing programs were initiated in 1985 by the USOC AND IN 1986 by the NCAA. Drug testing and education progrPillls in both organizations include

confidentiality, informed consent chain of custody of specimens andleading to hypertension and tachyarrhythmia's. Phenyl propanol amine when used also primarily stimulates alpha adrenergic receptors leading to hypertension and reflex bradycardia. Regular use of amphetamines and related agents can precipitate withdrawal symptoms upon discontinuation. To 1erance develops after chronic use requiring higher doses to achieve the same effect. Long term effects of amphetamines include malnutrition and psychiatric disturbances.

In the early 1905 the most popular doping agent was a cocktail of Alcohol and strychnine. The use of strychnine was superseded by amphetamine following its development in the 1935. In 1960 theDamish Cyclist Kurtjensen died after overdosing on amphetamine in an attempt to seek competitive advantage and the search for central measures began. Methods of anti doping control were first pioneered in the 1965, byArnold Bucket an academic pharmacist with a specialist internal in sports pharmacy, based at kings college London, it was how ever te Televised death of British cyclist Tommy Simpson while under the influence of amphetamine during the 1967 Tourde France, That proved the catalyst for implementation of official antidoping control system and the banning of amphetamine in international sports.

**Doping Classes**

a. Blood Doping
b. Stimulants
c. Narcotics
d. Anabolic steroids
e. Beta blockers

f. Diuretics[1]

**a) BloodDoping:-**blood transfusion is the intravenous administration offered blood cells or related blood productions that contain red blood cells. Such products can be obtained from blood drawn from the same (autologous) or from a different (non-autologus) individual. The most common indication for red blood transfusion in conventional medical practice are acute blood loss and severe anemia.

Blood doping is the administration of blood or related red blood products to an athlete other than for legimate medical treatment. This procedure may be preceded by withdrawal of blood from the athlete who to continues to train in the blood depleted state.

Blood doping or blood boosting or blood transfusion is the injection of either whole blood or packed red bold cells (RBC's) into the participant the day prior to completion in the hop of increasing the blood volume and is oxygen carrying capacity; and thus improving endurance performance. Blood doping may be injected of an individuals own blood which was with drawn several weeks Prior to reinjection. Training continues and the apparently allows time for the body to regenerate new RBC's in which to restore the normal hemoglobin level.

The ergogenic effects from the blood doping is considered to be unethical.

1. It causes infections of the blood.
2. Blood doping leads to intravascular blood clotting.

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[1] Bhagirathi Sammer, "Sports General" 1992.

**a) Stimulant:**

Stimulant  any stimulating information or event; acts to arouse action stimulus, stimulation, input information - knowledge acquired through study or experience or instruction elicitation, evocation, induction - stimulation that calls up (draws forth) a particular class of behaviors; "the elicitation of his testimony was not easy" kick - the sudden stimulation provided by strong drink (or certain drugs); "a sidecar is a smooth drink but it has a powerful kick" turn-on - something causing excitement or stimulating interest negative stimulation, turnoff - something causing antagonism or loss of interest conditioned stimulus - the stimulus that is the occasion for a conditioned response reinforcer, reinforcing stimulus, reinforcement - (psychology) a stimulus that strengthens or weakens the behavior that produced it discriminative stimulus, cue - a stimulus that provides information about what to do positive stimulus - a stimulus with desirable consequences negative stimulus - a stimulus with undesirable consequences 2. stimulant - a drug that temporarily quickens some vital process excitant, stimulant drug amphetamine, pep pill,  speed - a central nervous system stimulant that increases energy and decreases appetite; used to treat narcolepsy and some forms of depression" analeptic - a medication used as a stimulant to the central nervous system aphrodisiac - a drug or other agent that stimulates sexual desire butyl nitrite, isobutyl nitrite - a colorless pungent liquid sometimes used as a stimulant drug by drug abusers drug - a substance that is used as a medicine or narcotic kat, khat, ®t, quat, African tea, Arabian tea, cat - the leaves of the shrub Catha edulis which are chewed like tobacco or used to make tea; has the effect of a euphoric stimulant; "in Yemen kat is used daily by 85% of adults" methylphenidate, Ritalin - central nervous

system stimulant (trade name Ritalin) used in the treatment of narcolepsy in adults and attention deficit disorder in children popper - a container of stimulant drug (amyl nitrate or butyl nitrite).[2]

**c) Narcotic:**

Any of a group of highly addictive analgesic drugs derived from opium or opium like compounds. Narcotics can cause drowsiness and significant alterations of mood and behavior.

- narcotic - a drug that produces numbness or stupor;often taken for pleasure or to reduce pain; extensive use can lead to addiction
- drug - a substance that is used as a medicine or narcotic
- hard drug - a narcotic that is considered relatively strong and likely to cause addiction
- Demerol, synthetic narcotic drug (trade name Demerol) used to treat pain Imethadon, methadone, methado synthetic heroin, doloohine
- hydrochloride, fixer - synthetic nalcotic drug similar to morphine but less habitforming; used in narcotic detoxification and maintenance of heroin addiction
- opiate - a narcotic drug that contciins opium or an opium derivative.
- opium - an addictive narcotic extracted from seed capsules of the opium poppy [3]

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[2] Will Durant, "An age of political excitement is Usually a stimulant to literature", Published by Houghton Mifflin Company, 2009.

[3] www.narotic.com

### d) Anabolic Steroids :-

Has more than one meaning your body naturally produces some steroids to help your fight stress and bigger during puberty. (But your body knows just the right amount that you need) so there is no need to take any extra. There is also a type of medicine called steroids. That people might take if they have pain, asthma or a skin problem. But these are not the kind of steroids getting attention in sports.

When people say steroids (say stareoyds) they often mean illegal anabolic steroids. Anabolic steroids are artificially produced hormones that are the same as or similar to androgens, the male type sex hormones in the body. The most powerful of these is testosterone (say tes-tos-tuh-rone). Anabolic steroids can be taken in the form of pills, powers or injections. Anabolic steroids are always illegal, meaning that you could get arrested for buying, selling or taking them.

Some athletes take anabolic steroids because of their testosterone like effects such as increasing muscle mass and strength. But girls also have used steroids to get stronger and change the way they look and it is not only professional athletes who have taken these illegal drugs. Investigations and studies have shown that teens college athletes and other have taken steroids.

Some have been banned in the United States while other are still legal. Legal or illegal these supplements can cause health problem

**Danger of Steroids**

Anabolic Steroids cause many different types of problems- less serious side effect including oily hair, purple or red spots on the body, swelling on the legs and feet and persistent bad breath. A kid or teen who takes Steroids might not grow as tall as he or she was supposed to grow.

Some other serious and long lasting side effects are:-

1. Premature balding dizziness, mood swings including anger and sadness. Seeing or hearing things that aren't there (hallucinations) extreme felling of mistrust or fear (Paranoia)

a. Vomiting
b. Trembling

High blood pressure that can damage the heart or blood vessels over time acting joints, greater chance of injuring muscle and tendons, jaundice or yellowing of the skin, liver damage trouble peeing increased risk of developing heart diseases, stroke.

**Sex:-** As regards sexual performance alcohol gives a desire but takes away its performance. As per statistics more than 3% alcoholics are involved in sex crimes unknowingly and knowingly.

**Liver:-** Alcohol seriously injuries the liver, the organ without which a man cannot live within the body, the liver breaks down fats and proteins into elements from which the body derives its energy. It is associated with the process of blood coagulation, protection against infection and many others. Damaged by alcohol leads to liver cirrohosis, a grave condition where an organ is loaded with fat and is disabled.

**Brain damage:-** the scientists determined that alcohol affects the brain by depriving it of oxygen. A drinker who consumes enough alcohol to become stuporous suffers a number of small brain has morrhages and larger number of plugged capillaries. Around each of these plugs some of the brain cells die and infarcts are formed.

**Vision:-** Blue and yellow colour vision disturbances are more in alcoholic. Eighty percent of the patients with chronic alcoholics. Eighty percent of the patients with chronic alcoholism and alcoholic psychosis acquire deficient colour vision. These illegal drugs investigations and studies have shown that teens college athletes and other have taken Steroids.

Some have been banned in the United States while others are still legal. Legal or illegal. These supplements can cause health problems.

**e) Beta Blockers :**

Drugs which block the action of adrenaline. Beta blockers are commonly used to reduce stress on the heart and to lower blood pressure, due to the fact that they slow the heart beat, lower the force with which the heart contracts and reduce blood vessel contraction throughout the body.

In addition to their applications in treating heart conditions and high blood pressure, beta blockers have also been found useful in conditions such as glaucoma, migraine, anxiety disorders, tremors secondary to lithium and movement disorders caused by antipsychotic medications.[4]

**f) Diuretics:-** Diuretics have important therapectic indications for the elimination of fluds from the tissues in certains pathological conditions. However strict medical control is required. Diuretics are sometimes misused by competitors for two main reasons namely to reduce weight quickly in sports where weight categories are involved and to reduce the concentration of drugs in urine by producing a more rapid excredition of urine to attempt to minimize detection of drugs misuse. Rapid reduction of weight in sports

[4] Nancy Schimelpfening, Health's Disease and Condition content is reviewed by the Medical Review Board, January 29, 2010

cannot be justified medically. Health risks are involved in such misuse because of serious side effects which might occur. Further more, deliberate attempts to reduce weight artificially in order to compete in lower weight classes or to dilute urine constitute clear manipulations which are un acceptable on ethical grounds. Therefore the LOC medical commission has decided to include diuretics on its list of banned classes of drugs.

**Classes of Drugs subject to certain restrictions**

a. Alcohol
b. Local anaesthetics
c. Corticosteroids[5]

**1.1Statement of the Problem:**

Statement of the problem is "A study of Doping awareness in Elite and National level players of different sports discipline."

**1.2Significance of the study**

**1.2.1**The result of the study will be help the athletes, coaches, Physical Education Teacher, players, to know the side effects of doping.

**1.2.2**The study will be help the players to avoid doping classes.

**1.3 Purpose of the study:**

The main purpose of the study is to identify knowledge and awareness of doping in Elite and National level players of different sports discipline in J &K.

[5] www.antidoping.com

## 1.4 Objectives of the study:

**1.4.1**To assess the doping knowledge of J&K players.

**1.4.2** To examine the doping attitudes of J&K players.

**1.4.3** To assess the possible practice of doping among Elite level players of different sports discipline.

**1.4.4**To determine the factors that may influence among Elite level players of J&K.

**1.4.5**To Determine the common sources of anti-doping education of J&K players.

## 1.5 Delimitations:

**1.5.1**The subjects for the study will be selected from Elite and National Level players of J & K.

**1.5.2**The study will be delimited to the male players of different sports discipline likewise

a. Cricket

b. Athletics

c. Football

d. Marshal Art etc.

**1.5.3** The number of players will be delimited to 300.

**1.5.4** It will be done only on elite and national level players .

**1.5.5** The study will be delimited to the elite and national level players between age group of 18-28

## 1.6 Limitation

The mood state of the subject who responds to the questionnaire will be beyond the control of the Research scholar which was considered as a limitation of the study.

## 1.7 Hypothesis:

Elite and National level Players of different sports discipline of Jammu and Kashmir have less information about the newly introduced drug method.

## 1.8 Important Terms

**Dope:** A narcotic specially an addictive narcotic.

**Elite:** This term refers, the players who are best in their particular game or sport.

**National Level:** The players who represent the particular state.

# CHAPTER-2
# REVIEW OF RELATED LIRERATURE

**Bhagirathi Sammer E.[6] (1992)**, The purpose of the study was to identify the knowledge and awareness of doping and drugs abuse in sports from coaches. Physical education teachers sports physiotherapists and medical doctors of central part of India, who interact with sports persons and treat them in their daily practices. The expert has made a questionnaire. The questions addressed various aspects of doping regarding WADA list of banned substances, methods, and knowledge of TUE form, etc. the questionnaire has been filled by Caches. Physical Education Teachers, sports physiotherapisis and medical doctors of central India. For the evaluation of questionnaires qui-square test and T-statistics were employed and the findings reveled that there was a significant difference found among them i.e. for coaches 79.065; Physical Education Teachers 63.380. A pari from ins the overall knowledge regarding banned substances among all categories (coaches, Physical Education Teachers) were found 54% positive which was quite better than 46% those who don't know or aware about the banned substances of WADA. In the same way the knowledge of TUE among all categories was found 53% positive and 47% was not having idea about this. And the knowledge related to testing methods of doping among all categories found 41% positive and 59% were don't know about testing methods of WADA; which has been shown poor knowledge among all three categories. This survey has given an insight in overall knowledge and awareness of doing in sports amongst Coaches.

**Makoto Ueki and Masato Okano,[7](1999),** The current definition of

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[6]**Bhagirathi Sammer E.,** "Physical Education Teacher", Sports Journal, 1992

[7]**Makoto Ueki and Masato Okano,** Doping Control Laboratory Mitsubishi Kagaku Bio-Clinical Laboratories, 1999, Vol. 18, No.2, Pages 177-195

doping involves the restriction of the use of naturally occurring compounds The typical examples of such dope agents are testosterone and the related ster( hormones.1) One difficulty of dope analysis stems from the origin of the dope agents As the detection of synthetic anabolic steroids became relatively easy, and since there was no procE available that could differentiate exogenous natural hormones, testosterone and its esters became a popular substitute for steroid abusers. Testosterone is the worst of the popular and steroids that are abused by sportsmen, according to the laboratory statistics of 1995 issued t Medical Commission of the International Olympic Committee (MC-IOC).

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# CHAPTER -3
# RESEARCH METHODOLOGY

In this chapter, Selection of Subjects, selection of variables, Administration of test, collection of data and statistical analysis of data has been explained.

## 3.1 Sources of Data:

Samples for the Present study will be 300 Male players of Cricket, Athletes, football ,Marshal Art.etc.

## 3.2 Sampling Method:

Subject will be chosen from Elite and National level players of different sports discipline through Random Sampling method.

## 3.3 Equipments used for collection of data:

In this study we use questionnaire of Dr. Kamenju.Janet Wanjira for the collection of data. This closed type questionnaire is divided into three dimensions which are as follows:-

**3.3.1** Doping and performance enhancing substance awareness.

**3.3.2** Perception to doping and performance enhancing substance.

**3.3.3** Attitude to doping.

## 3.4 Collection of Data:

The data will be collected by using the questionnaire method.

## 3.5 Method of Presentation:

The data will be analyzed through tables and graphs.

# CHAPTER-4

# ANALYSIS AND INTERPRETATION OF DATA

In this chapter statistical treatment, level of significance, findings and discussion on findings have been described.

## 4.1 Statistical Treatment

Descriptive statistics including percentage ,means and S.D will be used to organize and summarize the data.

## 4.2 Level of Significance

To test the hypothesis level of significance will be set at 0.05

## 4.3 Findings

On the basis of statistical analysis the findings of the study will be written.

## 4.4 Discussion on Findings

On the basis of findings the discussion on findings will be explained.

## 4.5 Testing of Hypothesis

On the basis of findings the hypothesis will be tested.

# CHAPTER-5

## SUMMARY, CONCLUSION AND RECOMMENDATIONS

The whole study will be summarized and conclusion of the study will be drawn by testing the formulated hypothesis,on the basis of statistical analysis .For the further study recommendations will be made.

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Researcher Student

**IFAQ BASHIR LONE**

School Of Educational Sciences S.R.T.M.U Nanded

Research Guide

**Dr. JADHAV B.P**

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